



Australian Government
Australian Sports Commission



4/4 body beat

A

Players select 4 body parts and move to music using 4/4 time signatures.

What you need

- > Music player and music

What to do

- > Players stand anywhere in the space.
- > Players select 4 body parts each, e.g. head, wrists, shoulders and hips.
- > Players move these body parts, one at a time, in time to music e.g. nod their head for 4 counts, stretch and flex their wrists for 4 counts, shrug their shoulders for 4 counts, swing their hips for 4 counts.
- > Repeat.

Change it

- > Vary the pace by using different time signatures e.g. waltz, march, rap.
- > Use upper or lower body parts only e.g. fingers, wrists, shoulders and head.
- > Introduce singing rhymes like 'Heads and shoulders, knees and toes' and 'Hokey pokey' for younger players as an activity to identify body parts.
- > Vary the kind of movement, e.g. wriggle, shake, stretch/relax.
- > Vary the rhythm for movement intervals.
- > Move two body parts at the same time, e.g. shoulders and knees.
- > Encourage players to make up their own songs about body parts.

1,2,3,4



1,2,3,4



1,2,3,4



1,2,3,4



Safety

- > Make sure movements suit players' movement capacity.
- > Start off slowly then gradually increase the pace.

Ask the players

- > What different movements does your [body part] make?
- > How many different ways can you move your [body part]?
- > Which body parts make circular movements?
- > Are there any body parts that can't move in a circular movement?
- > Which body parts are easier to move?

LESSON LINK

4/4 body beat is an energiser activity that focuses on moving particular body parts.

SESSION PLANS

Compos > Get Into It MV 15A + Get Into It MV 15B + Get Into It MV 16A